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Finally:
Missing and
murdered
Indigenous
women
inquiry
to begin
metroNEWS

Your essential daily news | WEDNESDAY, DECEMBER 9, 2015

High 5°C/Low -1°C Mix of sun and cloud  

NOT TO JINX IT BUT... WHERE'S THE SNOW?



**Unseasonably warm
 weather and little snow
 means donations are
 down — and food trucks
 are still out. metroNEWS**

City's poor dying earlier

HEALTH EQUITY

**High-income
 earners survive
 nearly 20 years
 longer: Report**

**Meg
 Crane**
 For Metro | Winnipeg

Poverty triples the chance of
 dying before age 75, says a new
 report.

Our City: A Peg Report on
 Health Equity shows the dif-
 ference in life expectancy be-
 tween people of different in-
 come brackets in Winnipeg.

Those living in the highest
 bracket live an average of 20
 years longer than those in the
 lowest, the report shows.

"Disadvantage profound-
 ly limits opportunities to be
 healthy. This is about much
 more than individual health
 choices," said Dr. Sande Harlos,

spokesperson for the WRHA.

The report splits the city into
 12 sections and looks at indica-
 tors related to health equity in
 each area, including the preva-
 lence of diabetes, strokes and
 heart attacks, the number of
 days residents were hospital-
 ized, and pregnancies with risk
 factors.

Point Douglas and Downtown
 have the lowest life expectancy
 and highest levels on the socio-
 economic factor index. The re-
 port showed that some of the
 inequalities are getting worse.

PREVENTION

- 70 per cent of deaths of people under 75 are considered avoidable by prevention or earlier detection.
- Higher rates of premature deaths in low-income populations suggest prevention and treatment opportunities are missed.

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SHOAL LAKE

City to budget \$1M for Freedom Road

Winnipeg is looking to budget \$1 million towards the design of a new access road and two bridges to connect the isolated island community of Shoal Lake 40 First Nation back to mainland.

The decision to put the money aside for what's become known as Freedom Road will be made during Wednesday's executive policy committee.

According to an administrative report, the city previously stated its intent to fund one third of the design costs to build the new road.

Last year, \$4 million was earmarked for the design and construction of the Falcon River Diversion Bridge and the Shoal Lake Aqueduct Bridge. "Two permanent all-weather bridges

are required both for the winter road and any future all-weather road to cross City owned infrastructure," reads the report.

In this most recent update, city staff say preliminary designs on both bridges that started in 2012 have been completed, with construction on the Falcon River bridge already underway, and plans to draft a more detailed design of the second

bridge in early 2016.

The reserve — located on the Manitoba-Ontario border — has been on a boil-water advisory for the past 17 years since it was cut off from land access more than a century ago to build an aqueduct to supply fresh drinking water to the city.

STEPHANIE TAYLOR/METRO

17

The number of years the reserve has been under a boil-water advisory

Province transforms centre to refugee hub

IMMIGRATION

Housing task force has spoken to 100 landlords



Stephanie Taylor
Metro | Winnipeg

On any given day over the coming weeks, dozens of representatives from various settlement agencies and organizations will be huddled around desktops in one room, co-ordinating plans for the imminent arrival of Syrian refugees in Winnipeg.

Located on the 15th floor at 405 Broadway, the space regularly acts as home base for the Manitoba Emergency Coordination Centre during disasters like floods. It has been transformed into a Syrian refugee co-ordination centre — essentially, a shared workspace for those responsible of overseeing the influx of newcomers.

"This is an extraordinary situation," Mike Gagne, director of the province's emergency measure organization, said Tuesday.

"What we're doing in that room is providing sort of a playing field ... to get together to discuss things and meet, co-ordinate critical activities."

The province invited members of the media to tour the



Dozens of people from various government and social agencies will come under one roof to help co-ordinate plans for refugees coming to Manitoba. STEPHANIE TAYLOR/METRO



We're working on the basis of anticipated numbers, not firm numbers.

Ben Rempel

space Tuesday, which was established following the announcement that up to 2,000 refugees were expected to land in Mani-

toba by the end of the year.

Pinning down a precise number and timeline proves to be the greatest hurdle for the province, according to the assistant deputy minister of labour and immigration.

"We're working on the basis of anticipated numbers, not firm numbers," said Manitoba deputy immigration minister Ben Rempel.

He said 1,500 refugees were expected to arrive by the end of 2015, with the expectation

of a larger influx beginning in early January.

"The challenge is that we need to be ready much more quickly for a much higher number that will arrive in a shorter period of time," Rempel said.

Moving forward, Rempel said the province is focusing on a long-term strategy for re-settlement, which includes developing a housing inventory.

A housing task force has so far spoken with more than 100 landlords, he added.

CRIME

Man charged with attempted murder

A Winnipeg man has been charged with attempted murder after he beat a man in a Winnipeg parking lot.

Winnipeg police said the man, 20, was intoxicated and approached the victim, 23, in a parking lot in the 300 block of Ellice Avenue Monday night.

For an unknown reason, the man then beat the victim and left him injured in the parking lot. He tried to return to a nearby

hotel, but they would not let him in due to how intoxicated he was. So the man returned the parking lot and beat the man further.

Emergency personnel were called around 10 p.m. The victim was taken to the hospital in critical condition.

Officers have arrested Phillip Charles Hastings, 20, and charged him with attempted murder. He is in custody.

METRO

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Giving slows without the snow

CHARITY

Groups say warm weather means fewer donations

Meg Crane
For Metro Winnipeg

Several Winnipeg charities are asking Santa for snow this year.

"If the weather is really nice, it doesn't feel like winter. It doesn't feel like Christmas," said Salvation Army public relations and development officer Major Rob Kerr.

If it doesn't feel like Christmas, donations go down for their Christmas Kettle Campaign, he said, which funds programs for the rest of the year. The Salvation Army also noted their toy drive is down by about 5,000 toys this year.

"I always get concerned when the weather is nice because that means people aren't really thinking about charities," said Judy Richichi,

director of major gifts and corporate relations at Siloam Mission.

Siloam also relies on holiday donations to get through the beginning of the following year, so Richichi is concerned about how few people are dropping off donations.

"Honestly, I've been here eight years and this is probably the one year where I've been more worried," said Richichi.

"We're in desperate need of clothes," said Allen Rogowski, who is in charge of clothing and donations at Agape Table.

Usually the clothing stockroom is full to the ceiling, but this year there are so few clothes the shelves aren't even full yet, said Rogowski. He said they don't have a single pair of long johns.

There hasn't been a huge need for clothes yet, but there will be, Agape Table executive director Dave Cunnin said.

"When we drop down to -20 C, which we haven't yet, we're going to need it," said Cunnin.

"We need Santa Claus here. Desperately!" said Rogowski.



At Agape Table, where **Allen Rogowski** and **Dave Cunnin** are standing, there are usually boxes of clothing right up to the ceiling at this time of year. MEG CRANE/FOR METRO

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Warm weather throws a curve

BUSINESS

Balmy days have some rejoicing while others fret

Meg Crane
For Metro | Winnipeg

Warm weather may have Winnipeggers rejoicing, but some businesses say the lack of snow has them worried.

"I've never had a winter like this," said Todd Vandal, owner of Vandal's Landscaping.

This time of year, he's usually busy with snow removal. This year, there's been so little work, he had to lay off some of his employees. "When it snows, more people sign on," said Vandal.

If it suddenly snows this year, he said he'll have to quickly hire employees to clear

his clients' snow and deal with an increase in customers.

Joyce Powers, owner of the food truck Sis & Me, hasn't had a winter like this before either. But for her business, it's been a good thing.

"Usually we work the construction sites later in the season, but never on Broadway, so it's pretty cool. Everyone is excited that we're still out," said Powers.

If she weren't out with her food truck, she said she'd retire

+ COLDER TIMES

- The normal high for this time of year is -9 C and the normal low is -18 C.
- The highest recorded temperature for Dec. 8 was 5.6 C in 1939.
- The most recorded snow on the ground on Dec. 8 was 56 centimetres in 1958.

“It's pretty cool. Everyone is excited that we're still out.”
Joyce Powers

it for the season and find a job.

"It's made a little extra money," said Powers.

Lawrence Enns, owner of SnowMuch Fun Rentals and Tours, said the weather hasn't impacted his business — yet.

"We don't regularly start up until Christmas time," Enns said, but added he's had fewer calls about bookings this year as the phone usually starts ringing once there's snow. He does have a few rentals and tours booked and is hopeful he won't need to cancel them.

Environment Canada is showing no snow in its seven-day forecast for Winnipeg as of Tuesday night..



Joyce Powers likes the bonus business her food truck is getting. MEG CRANE/FOR METRO



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Locals come to student's aid

UNIVERSITY OF WINNIPEG

Hazim Ismail raises enough money to stay in Canada

Evan Matthews
For Metro | Winnipeg

A University of Winnipeg international student is grateful for the kindness of strangers who are helping him to stay in Canada.

"I have felt support from wonderful Winnipeggers around me Winnipeggers I have never met contributing to the GoFundMe account has really moved me," said Hazim Ismail.

On his GoFundMe page, Ismail wrote that because he is gay and atheist his family in Malaysia has disowned him, and funding for his education has been cut off.

To stay in Canada and keep his immigration status, Ismail needed to stay enrolled in three classes per term but



Hazim Ismail says he's grateful for the support Canadians have shown him and he will give back to the community through charity work. AUSTIN GRABISH/FOR METRO

didn't have the financial means to do so. On Monday morning, the psychology student reached his \$5,000 goal — covering the minimum amount to stay at the Uni-

versity of Winnipeg.

He said to not have family support is deeply saddening.

"After my former partner dumped me it caused me a lot of grief to see how his

family rallied together to support and defend him," Ismail said.

Malaysia is a country where sodomy is considered a criminal offence. Ismail said

his mother had been paying for his education until they got into a fight over pictures that had surfaced on the Internet of him at a gay bar in Winnipeg.

Although he said nothing will ever sever his Malaysian roots, the uncertainty of what could happen to him is scary.

The University of Winnipeg issued a statement of support for the young student, who hopes to get his master's degree and give back to the community in Canada through volunteer work.

"Hazim is both courageous and resourceful and we are proud to have him as our student," said the university. "We have been monitoring his GoFundMe campaign and we will ensure, if needed, that he is able to complete his winter term here."

Ismail said after he graduates he'll likely apply for permanent residency through the Provincial Nominee Program, and he will continue to volunteer for charity work.

Citizen and Immigration Canada could not be reached for comment by deadline.

WITH FILES FROM THE CANADIAN PRESS

IN BRIEF

Metric and Death Cab for Cutie join forces for tour

Metric and Death Cab for Cutie are coming to Winnipeg in a co-headlining concert.

The bands' Lights on the Horizon tour will stop at the MTS Centre on March 27.

This is Metric's first Canadian tour since its latest album, *Pagans in Vegas*, was released in September.

Death Cab for Cutie is touring in support of its eighth studio album, *Kintsugi*.

Pre-sale tickets are on sale now and general tickets go on sale at 10 a.m. on Dec. 11 through Ticketmaster. METRO

Man claims Blue Bombers' 50/50 prize

The Winnipeg Blue Bombers say its largest 50/50 jackpot in history has been claimed.

A man named Charles Richot came forward with the winning ticket to claim \$178,748 in the Grey Cup 50/50 prize draw.

The money raised from the draw supports local amateur football and programming. METRO

Firefighter hurt while tending to car blaze

A Winnipeg firefighter has been injured while putting out a vehicle fire at an automotive repair shop.

He was taken to hospital in stable condition.

Firefighters managed to keep the fire contained to the vehicle and interior of the building.

Everyone managed to escape before firefighters arrived.

No word yet on the cause of the fire or the extent of the damage.

THE CANADIAN PRESS

Investigation launched into arrest that led to injuries

A Manitoba agency that investigates police actions says it is looking into the RCMP's arrest of a man who had to be sent to hospital.

The Independent Investigation Unit says officers responding to a complaint at a Swan River home last week were required to restrain and control the man while taking him into custody.

The unit says this resulted in internal injuries and the man was taken to the Dauphin Regional Health Centre.

The agency says its investigation will focus on the circumstances surrounding the conduct of the RCMP officers during the arrest.

THE CANADIAN PRESS

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Kevin P. Gabel & Toby Hughes, photo by Dylan Hewlett

EDUCATION

Indigenous languages coming to schools

The Winnipeg School Division (WSD) will be the first division in the city to establish two new indigenous language programs, as well as a Spanish program and a new French bilingual school next fall.

This comes after Seven Oaks School Division announced last week it is surveying its community to see if there is a demand for the same type of programming.

WSD board vice-chair Sherri Rollins said they have a wide range of indigenous and minority populations within the division. "Parents have requested we consider a bilingual program, so demographics definitely play into this."

Isaac Brock School will see indigenous Cree and

Ojibwa bilingual programs introduced, while a Spanish bilingual program will be introduced at Earl Grey School.

Registration numbers will dictate how many teachers are hired and the ultimate approval of the curriculum by Manitoba Education, according to the division.

An additional French immersion language program will be brought into Luxton School.

"I think any opportunity kids can get to learn another language can only be positive," said River Heights parent Liz Taylor. "Even if they don't use them in their day-to-day lives it still comes in handy."

The division said it will launch an advertising campaign for the programs in the near future, as well as open registration for kindergarten students in the language programs.

"As always, the challenge for a public school division is we teach everyone who walks through our doors," said Rollins. "When a child is registered, that planning process starts."

EVAN MATTHEWS/FOR METRO

+ BACKGROUND

- WSD is the largest division in the province with roughly 33,000 students in 77 schools.
- The changes bring the total number of French immersion dual track and Milieu schools in the division to 17.

Trudeau a 'partner' with new pledges

FIRST NATIONS

Inquiry announced, funding cap lifted

The leaders of Canada's First Nations swaddled Justin Trudeau in a ceremonial blanket Tuesday as they embraced the newly elected prime minister's commitment to what he called a "sacred obligation" to the country's Aboriginal Peoples.

Trudeau didn't show up empty-handed, either.

The Liberal government will lift a long-standing two per cent cap on federal funding for First Nations communities, he told the Assembly of First Nations gathering — that, despite mounting economic and political pressure on the federal pocketbook.

He said the Liberals would also provide additional money for long-awaited education reforms

+ PROMISE KEPT

With the Tuesday announcement that it's launching a national public inquiry into missing and murdered indigenous women, the new Liberal government followed through on a central promise in its efforts to renew the relationship with Canada's indigenous peoples.

MICHAEL WOODS/METRO OTTAWA

to be led by First Nations communities themselves, another long-standing sticking point with the previous Tory government.

And he repeated one of the most anticipated promises of the 2015 campaign: to investigate the tragedy of missing and murdered indigenous women and girls. Three of his cabinet lieutenants kicked off the first consultative phase of what will be a federal inquiry next year.



PM Justin Trudeau and AFN National Chief Perry Bellegarde. Bellegarde said he's confident that Trudeau is listening to the different needs of First Nations. ADRIAN WYLD/THE CANADIAN PRESS

"I promise you that I will be your partner in the years to come, and hope that you will be mine," Trudeau said.

The removal of the funding cap, which was imposed to keep transfer payments in line with inflation, has been top of the First Nations wish list for years. Critics say it has long since fallen out of

step with a growing aboriginal population across the country.

But the most anticipated news came later, when Justice Minister Jody Wilson-Raybould, Indigenous Affairs Minister Carolyn Bennett and Status of Women Minister Patty Hajdu detailed the first phase of the inquiry.

THE CANADIAN PRESS

SCIENCE

Scientists look for a tougher sunflower



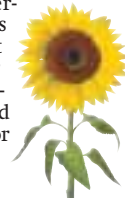
Thandi Fletcher
Metro | Vancouver

Imagine a sunflower that can grow using water more efficiently, even thriving in conditions as harsh as the Mojave Desert while still producing many seeds.

That's what an international team of scientists led by Vancouver botanist Loren Rieseberg is hoping to achieve through research he believes could improve food security for people around the world in the face of climate

change.

"Drought is by far the biggest stress for sunflowers," Rieseberg, a botany professor at the University of B.C., told Metro. "The idea of our research is to make cultivated sunflowers that are extremely drought tolerant, but also tolerant of flooding, salt stress and low nutrient stress."



The team is using genomics to identify genes that have evolved in wild sunflowers to make them resilient to environmental stresses, and to breed cultivated sunflowers with the same favourable traits.

IN BRIEF

Ikea monkey getting new roomies

On the eve of the Ikea monkey's third anniversary at a sanctuary, workers are building enclosures for two potential roommates. The courts placed him at the facility northeast of Toronto in 2012 after he was found wandering outside a Toronto Ikea store. THE CANADIAN PRESS

Governator takes aim at climate change

Former California governor Arnold Schwarzenegger on Tuesday urged sub-national governments such as cities and provinces at the international conference on climate change in Paris to march forward 'like a Terminator' on environmental issues. THE CANADIAN PRESS

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Trump sparks global outrage

UNITED STATES

Candidate stands by plan to ban Muslims from entering

U.S. Republican presidential candidate Donald Trump's call to block Muslims — both immigrants and visitors — from entering the U.S. is being met with a chorus of near-universal condemnation from across the country and around the globe.

From the halls of Congress to 10 Downing Street, Trump's statement Monday advocating a "total and complete shutdown of Muslims entering the United States" was blasted as bigoted, unconstitutional and potentially dangerous for American interests abroad.

Trump's proposal is down to what he describes as hatred among "large segments of the Muslim population" toward Americans.

British Prime Minister David Cameron, breaking the cus-

tom of British leaders not commenting on U.S. presidential contenders, slammed the proposal as "divisive, unhelpful and quite simply wrong."

UN spokesman Farhan Haq said Secretary-General Ban Ki-moon denounced "any kind of rhetoric that relies on Islamophobia, xenophobia, any other appeal to hate any groups."

The Church of Jesus Christ of Latter-day Saints issued a statement in support of religious freedom.

"This is not conservatism," Republican House Speaker Paul Ryan told reporters. "What was proposed yesterday is not what this party stands for, and more importantly it's not what this country stands for."

Trump's campaign has been marked by a pattern of inflammatory statements, dating back to rhetoric that some Mexican immigrants, who entered the country illegally, are drug smugglers and rapists — but even that didn't evoke the same widespread level of contempt.

The billionaire businessman



Republican presidential candidate and businessman Donald Trump speaks during a rally aboard aircraft carrier USS Yorktown in Mt. Pleasant, S.C., Monday. MIC SMITH/THE ASSOCIATED PRESS

and former reality TV star has maintained his lead in early opinion surveys, despite the controversies, vexing his Republican rivals and alarming a Republican establishment in panic over the damage they fear he's doing to a deeply divided party.

Trump, who appears to revel in the attention, didn't back down from his proposal Tuesday, saying that banning Muslims "until our country's representatives can figure out what the hell is going on" is warranted after last month's attacks by Muslim extremists

in Paris and last week's shootings in San Bernardino, Calif.

"I don't care about them," Trump told CNN Tuesday when asked about denunciation by Republican leaders. He said the country needs to recognize that it's at war.

THE ASSOCIATED PRESS

+ EFFECTS

Canada would feel impact of President Trump

If Donald Trump becomes U.S. president, it would cause contention within the U.S. and lead to a major decline in America's moral influence in the world, said Stephen Clarkson, a professor of political science at the University of Toronto.

A President Trump would be a disaster for Canada, too, considering its close economic ties and shared border with the U.S. Should Trump's bombast lead to a military action or another act of terrorism against the U.S., Canada has obligations under NATO to respond and there would be considerable pressure to back up its allied nation, even if it is led by Trump, Clarkson said.

JESSICA SMITH CROSS/METRO

REACTION

Muslims respond to proposal

Muslims around the world provide their thoughts on U.S. presidential candidate Donald Trump's proposal to ban Muslims from entering the U.S.

FERAS ALI ABU GHABEN, 30, Palestinian-American stock broker: "I do not see anyone doing anything about it and that scares me. What terrified me even more

was the applause that came after his speech."

ADHAM HAMADA, 34, Cairo businessman: "How will they know if I'm Muslim or not? It's not in my passport. That's why I feel it's just political talk."

AMR ALI, 30, a chemist living in Cairo: "If they are going to ban all Muslims because of the people that Muslim terror-

ists killed, then let's ban all Europeans because the people who were killed during colonial times."

BASSEM YOUSSEF, former talk-show host known as the Jon Stewart of the Middle East: (On Twitter) "I didn't know Donald Trump was fluent in Nazi."

THE ASSOCIATED PRESS

SAN BERNARDINO

Couple practised with rifles

Days before killing 14 people at a holiday party, Syed Farook practised with a rifle during one of several recent visits to a Southern California shooting range, authorities said. Sometimes he was joined by his wife, his partner in the attack.

Farook visited Riverside Magnum Range in San Bernardino

on Nov. 29 and 30, according to an instructor at the range about 32 kilometres from the Inland Regional Center, where the couple opened fire on Farook's co-workers on Dec. 2.

Firearms instructor John Galletta said nothing was out of the ordinary about Farook's behaviour but that Farook asked

a range employee why his rifle might be smoking. He was told it was most likely because it was new.

David Bowdich, chief of the FBI's Los Angeles office, said Farook and his wife, Tashfeen Malik, were radicalized "and have been for quite some time."

THE ASSOCIATED PRESS



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Many in Beijing wear masks in winter due to smog. ANDY WONG/THE ASSOCIATED PRESS

Smog is the new normal in Beijing

CHINA

Residents of city adapting to high, risky pollution level

Beijing issued a red alert this week for smog, triggering restrictions on traffic, school closures and factory suspensions. City residents reacted with a mix of alarm and nonchalance.

"This is modern life for Beijing people. We wanted to develop, and now we pay the price," Beijing office worker Cao Yong said during a break from work.

"You have to do whatever you can to protect yourself," Beijing resident Li Huiwen said while

stopping at a market. "Even when wearing the mask, I feel uncomfortable and don't have any energy."

A man who gave only his surname, Du, said the haze was good for taking photographs of old buildings and that he was taking advantage of a lack of crowds near Beijing's ancient Forbidden City. "I like this kind of haziness. It gives a blurry feeling and makes you feel like you're in a dream."

"You live in Beijing, you just get used to it. Every winter is

like this," said a store clerk who gave only her surname, Sun, and who said the restrictions were a nuisance.

"But now that they're cancelling school, it becomes really inconvenient. If you don't get time off from work, who watches the kid?"

"I would keep myself indoors, and wear a mask all the time if I'm outside on smoggy days. And air purifiers at home are a must," Beijing resident Sun Yuanyuan said.

THE ASSOCIATED PRESS



You have to do whatever you can to protect yourself. Even when wearing the mask, I feel uncomfortable and don't have any energy. Li Huiwen

BATACLAN

Rockers' moving Paris encore

Members of the California rock band Eagles of Death Metal on Tuesday revisited the ravaged Paris theatre where they survived a massacre by Islamic extremist suicide bombers.

Solemn and silent, they came to Bataclan theatre in eastern Paris, whose facade has become a shrine to the 89 people killed inside. Band members laid flowers at the site, some embracing as they stared at the wreaths, notes and banners heaped in mourning and tribute. The band made a surprise

return to Paris and performed with U2 on Monday night, their first onstage appearance since the Nov. 13 attacks that killed 130 people overall in Paris.

U2 frontman Bono told the audience they said he wanted to introduce "our brothers. Our fellow troubadours. They were robbed of their stage three weeks ago, and we would like to offer them ours tonight."

The two bands then played the Patti Smith song People Have the Power.

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Julian Dorio, Jesse Hughes of Eagles of Death Metal pay respects. THE ASSOCIATED PRESS

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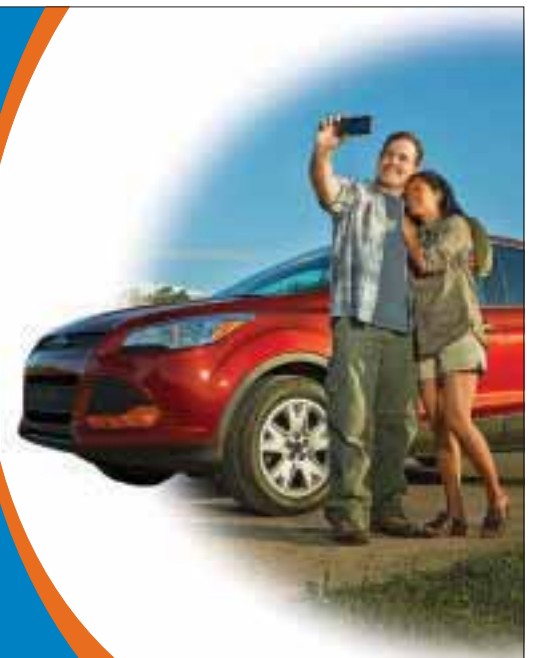
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IN BRIEF**Food industry pushing U.S. Congress to halt mandatory GMO labels**

Food companies in the U.S. are mounting an aggressive year-end push to head off mandatory labeling of genetically modified foods.

The food industry wants the labeling to be voluntary, and it hopes to get a provision in a massive spending bill that Republicans and Democrats in the U.S. Congress want to wrap up this week.

THE ASSOCIATED PRESS

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Chipotle faces new crisis

BOSTON COLLEGE

80 students fall ill after eating at restaurant

Boston College said Tuesday the number of students complaining of gastrointestinal symptoms after eating at a Chipotle this weekend has climbed to 80, up from the 30 it reported the previous day.

The illnesses come as Chipotle's sales are already being slammed by a multi-state outbreak of E. coli linked to its restaurants. The company says it thinks the Boston College illnesses are an isolated case of norovirus and unrelated to the E. coli cases.

"All of the evidence we have points in that direction," said Chris Arnold, a Chipotle spokesman.

Boston College said it is working with state health officials and that all students



People stand in a closed Chipotle restaurant in the Cleveland Circle neighbourhood of Boston. Health officials are investigating customers' illness there. STEVEN SENNE/THE ASSOCIATED PRESS

who reported symptoms have been tested for both E. coli and norovirus. It said results will not be available for at least two days.

According to a report from the Boston Inspectional Ser-

vices department, which is responsible for inspecting the city's restaurants, an employee at the Chipotle restaurant in Cleveland Circle was sick while working a shift Thurs-

day. William Christopher, the department's commissioner, said it was not immediately known if management at the Chipotle was aware of the employee's symptoms. He said the restaurant's permit to operate has been suspended by the city and that a disinfection process has begun.

According to the Centers for Disease Control and Prevention, infected workers cause about 70 per cent of reported norovirus outbreaks from contaminated food. Each year, norovirus causes 19 million to 21 million illnesses.

The virus can spread from an infected person, contaminated food or water, or by touching contaminated surfaces, the agency says. It is very contagious and can spread quickly in places such as daycare centres and cruise ships. Common symptoms include diarrhea, vomiting, nausea and stomach pain.

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AWARD-WINNER

Stores just can't keep top whisky on shelves

It was recently named World Whisky of the Year, but good luck getting your hands on a bottle of Crown Royal's Northern Harvest Rye, as the award-winning Canadian whisky is flying off the shelves.

In Ontario, for example, sales at LCBO stores have increased more than 400 per cent thanks to the accolade. The product is available only on a first come, first served basis in the province. No bot-

tles can be reserved or specially ordered because of the high demand.

The Northern Harvest Rye is the first Canadian whisky to receive the honour of being named World Whisky of the Year by revered whisky connoisseur Jim Murray.

Murray's Whisky Bible is the go-to guide for whisky enthusiasts, and each annual edition contains thousands of detailed whisky reviews

and notes.

A 750 millilitre bottle is sells for \$30.60 in Ontario.

Alistair Kidd, whisky brand director at Diageo Canada, which distributes the Northern Harvest Rye, said that being named whisky of the year turned the beverage into "a hot commodity among Canadian consumers

leading into the holidays."

A bottle sold for over \$165 on eBay in Germany this week, while a bottle was put up for sale last week in Toronto on Craigslist for \$80.

TORSTAR NEWS SERVICE



Crown Royal's Northern Harvest Rye.

CONTRIBUTED

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I made the mistake of starting things back up with someone I had a “casual” relationship with. He didn’t want me to be involved with any other guys, but he wanted to see other women. I blocked his number. Now I miss our friendship. What should I do?

Dear Ellen,

I made the mistake of starting things back up with someone I had a “casual” relationship with. The last time we saw each other he was really emotional about an ex-girlfriend and told me he still loved her. When we originally stopped talking, I didn’t mind. But when we reconnected, I started to feel an emotional connection to him. After the last meeting, I truly felt hurt. I cried. He wanted us to continue seeing each other, but he didn’t want me to be involved with any other guys. The sad part was he wanted to see other women, including me, but sleep with just his ex and me. I decided enough was enough. I texted him after the last meeting, letting him know we could not continue down the same road. I didn’t give him a chance to respond. I blocked his number. Lately I find that I can’t stop thinking about him. I miss him and our “friendship.” What should I do?

L, Toronto, Ont.

Dear L,

Some might say this is not, strictly speaking, an etiquette question. But I’ve found through my own romantic ups and downs that good manners can often help guide the way through emotional thickets. So let’s see what we can do for you

I’m sorry to have to tell you this, but your only choice right now is to suffer.

in regards to politely handling your own broken heart.

First, let’s look at his behaviour. He sounds pretty screwed up. But at least he’s not sneakily hiding his desire to get back with his ex-girlfriend. And he’s been absolutely forthright about his ridiculous proposition that you remain available to him — and him alone — while he dates as many women as he wants while continuing to sleep with both you and his ex. So, credit to him for being honest, albeit insanely unreasonable.

It also sounds as if you’ve been straight with him, which shows your own excellent manners. You respectfully informed him in a text that you could not

accept the “road” he was offering. Then you blocked his number. Is it rude to cut off communication like this?

Yes, if the other person deserves to be heard (and your conscience will tell you if that is the case). But it’s not rude if you’ve both had your say and it’s clear that one or both parties want the relationship to end.

Which brings us to your question: What should you do?

If you break down and see him, and give him what he wants (sex and friendship with no commitment while he sleeps with his ex-girlfriend), you will resent him and suffer. If you stay

strong and keep his number blocked, but continue to obsess about him and wonder if you’ve made a huge mistake by cutting him off before he’s had a chance to change and see how wonderful you are, you will doubt yourself and suffer.

I’m sorry to have to tell you this, but your only choice right now is to suffer. Respect your broken heart, and expedite the healing process by forgetting what you “should” do. You’re already doing it — agonizing through an impossible situation that only time will heal (and it will).

Need advice?
Email Ellen:

scene@metronews.ca



Ani Castille

ROSEMARY WESTWOOD

metroview

The power of affirming that racism and sexism kill indigenous women

“It is time to hear their voices. It is time for justice,” declared Claudette Commanda, an elder and band council member from Kitigan Zibi Anishinabeg Nation in Quebec, an eagle feather in her hand.

She stood on Parliament Hill, welcoming reporters and family members of missing and murdered indigenous women to the announcement we all knew was coming: a national inquiry. It had all the trappings of a press conference, but the scene was imbued, even via a live video feed, with something different.

Something approaching humility, even sisterhood.

Commanda asked for a moment of silence for lives lost, and holding the feather high above her head, she teared up. She expressed hope for an end to violence against indigenous women, but her emotion suggested that she may actually believe in this announcement, believe there will be change.

Jody Wilson-Raybould, the minister of justice and a former B.C. First Nations chief, hugged Commanda before taking the podium. She, and the ministers of status of women and indigenous and northern affairs, attended a traditional ceremony the day before. They were carrying the eagle feathers gifted to them. As each finished speaking, they hugged, kissed cheeks.

It was as if a support circle stood behind the podium:

Four women embracing each other and indigenous teachings in the search for answers to deeply engrained violence. Ministers listening to Commanda’s prayer for help from the Creator with more than impersonal respect.

This wasn’t the only heart-felt government announcement ever made. But it felt as if the “government” had been knocked from some pedestal. The welfare of indigenous Canadians, or all Canadians, had been put in its place.

That the press conference was about women, and delivered only by women, also felt significant — though women have given press conferences before. But these women seemed bound by their hearts as well as their priorities.

The ministers delivered talking points, citing high rates of violence against indigenous women, the need for justice and violence prevention.

The need to not be a government program, but a program devised by the people, to be implemented by government. Hence the choice to let the inquiry’s details be shaped by consultation with experts and victims’ families.

The media pressed for details. One CBC reporter asked about the impact of racism, and Indigenous and Northern Affairs Minister Carolyn Bennett was unequivocal: “Racism and sexism in this country kills,” she said. Behind the podium, the women hugged.

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Your essential daily news

Wednesday, December 9, 2015

4 *Treats To Wow This Season*

You don't have to be a kid to crave cookies this time of year. The holiday season is the one time you have a licence to bake (and eat) any (and all kinds) of treats. And you should. Homemade sweets are an easy way to make anyone feel giddy with happiness, and are impossible to resist. From spicy ginger-breads to sugar balls, these goodies make a thoughtful gift or easy dinner party dessert. They also taste pretty good with your morning coffee.

HOLIDAY TREATS

Festive Chocolate Thumbprint Cookies

Ceri Marsh & Laura Keogh
For Metro Canada



As classic as a sugar cookie, thumbprints can look sophisticated with a sparse sprinkling of icing sugar or kid-approved with lots of bells and whistles. We like bells and whistles.

Makes about 2 dozen

INGREDIENTS

- 1 cup spelt flour
- 1/2 cup all-purpose flour
- 3/4 cup granulated sugar
- 1/2 cup unsweetened Dutch-process cocoa powder
- 1 tsp baking powder
- 1/2 tsp salt
- 6 Tbsp unsalted butter, melted
- 2 large eggs, lightly beaten
- 1/2 cup confectioners' sugar holiday sprinkles, silver dragees, crushed candy cane, mini chocolate chips

DIRECTIONS

1. Preheat oven to 325 F.

2. Whisk the flours, granulated sugar, cocoa powder, baking powder and salt in a medium bowl. Add the melted butter and eggs and stir until combined.

The dough will appear very dry just keep working it until you've incorporated all the ingredients. Cover and refrigerate the dough until firm, about 20 to 30 minutes.

3. Line two baking sheets with parchment paper and set aside. Place the confectioners' sugar in a bowl. Place the other toppings out in small bowls.

4. Remove dough from refrigerator. Scoop a tablespoon size amount of dough and roll it into a ball. Drop the ball in the confectioners' sugar and coat the outside.

Place it on prepared cookie



sheet. Slightly flatten it with the palm of your hand and then press your thumbprint into the centre. Fill the centre with

your choice of decoration. Repeat until dough is finished. Be sure to space the cookies two inches apart.

5. Bake cookies until puffed and slightly cracked, about 10 minutes. Let cool three minutes on the baking sheets, then trans-

fer to rack to cool completely.

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GREAT GIFT

Coconut Snowballs



These little gems — with a hint of lemon — scream wintry treat.

Makes 2 dozen

INGREDIENTS

- 2 1/2 cups flour
- 3/4 cups sugar
- 1/4 tsp salt
- 1 cup unsalted butter, softened
- 2 Tbsp cream cheese, softened
- 2 tsp vanilla
- 4 or 5 Tbsp lemon juice
- 1 Tbsp cream cheese, softened
- 1 1/2 cup confectioner's sugar
- 1 1/2 cup sweetened shredded coconut

DIRECTIONS

1. Preheat the oven to 375 F.
2. Mix together flour, sugar, salt together in a bowl. With an electric mixer add softened butter about 1/4 cup at a time until it combines with the dry ingredients. You'll have a pebbly mixture.
Add 2 Tbsp of softened cream

cheese and vanilla. You'll need to use your hands to bring the mixture together into a dough. Knead for a minute or two.

3. Line two cookie sheets with parchment.

4. Use a tablespoon to scoop the dough, roll it in your hands to make balls. Place on the lined sheets at least an inch apart. Bake for 12 to 15 minutes, until lightly browned. Take them out and allow them to cool completely on a rack.

5. While they cool, mix 3 Tbsp of lemon juice with 1 Tbsp of cream cheese. Slowly add 1 1/2 cups of confectioner's sugar until you have a thick icing. Now add as much lemon juice as you need to thin it out to a glaze.

6. On a plate, spread your coconut in a layer. Swirl each cookie in the glaze (let excess drip off) then press it in coconut to cover. Allow to set.

CERI MARSH AND LAURA KEOGH

EASY TO BAKE

Spiced Christmas Trees with Lemon Icing

Like your nostalgic favourite the gingerbread man, these spiced cookies look and taste every bit as festive.

Makes about 12

INGREDIENTS

- 2 1/2 cups spelt flour, plus more for rolling
- 1 tsp baking soda
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1/4 tsp cloves
- 1 tsp coarse salt
- 1 cup (2 sticks) unsalted butter, room temperature
- 3/4 cup granulated sugar
- 1 large egg
- 1/4 cup unsulfured molasses

For Icing:
• 2 tsp fresh lemon juice
• 1 1/3 cups confectioners' sugar

DIRECTIONS

1. Preheat oven to 350 F.
2. In a medium bowl, whisk the flour, baking soda, ginger, cinnamon, cloves and salt. In a separate bowl, cream together the butter and sugar with a hand mixer until creamy.



STORAGE TIP
The best part about these recipes is they freeze well. Store them in an airtight container for up to four weeks.

3. Beat the egg and then add. Mix until combined. Add molasses until combined.

4. With the mixer on low, gradually add your flour, blend until combined. Remove the dough from the bowl and then wrap

it in plastic wrap and place in the refrigerator to firm, at least an hour and up to three days.

5. On a lightly-floured surface, roll out dough to 1/4 inch thick. With a sharp knife, cut dough into 2-inch wide triangles.

6. Place the triangles on a cookie sheet lined with parchment paper 1-inch apart from each other.

Bake until cookies are firm and lightly browned on edges, 10 to 12 minutes.

CERI MARSH AND LAURA KEOGH

CLASSIC CHOICE

Heavenly Chocolate Peanut Butter Balls

A sprinkle of sea salt makes the classic flavours of chocolate and peanut butter feel all grown up.

Makes 25 to 30 balls

INGREDIENTS

- 1/2 cup creamy natural peanut butter
- 3 Tbsp butter, softened
- 1 cup confectioner's sugar
- 8 oz chocolate, chopped (or chocolate chips)

DIRECTIONS

1. In a bowl, mix peanut butter, sugar and butter together until they form a dough. Scoop it and form a ball, cover in plastic wrap and place in the fridge for at least 15 minutes.

2. Using your hands, pinch off a small bit of dough and roll into 1-inch balls. If the dough gets too sticky as you're working just pop it back in the fridge for a few minutes. Place the balls on a parchment lined baking sheet. Place the baking sheet in the freezer for at least half an

hour to chill. You want them cold and firm.

3. Place a small sauce pan with a couple of inches of water over medium heat until it simmers. Place the chocolate in a bowl and then set the bowl over the pan (don't allow the bottom to touch the water).

Once chocolate is melted remove from heat. Using a toothpick, pick up each ball, swirl it around in the chocolate; let excess drip off.

4. Place the dipped ball onto parchment lined baking sheet. Sprinkle with a pinch of sea salt before chocolate hardens. Refrigerate until you serve.

CERI MARSH AND LAURA KEOGH



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GAMEDAY
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LIQUID ASSETS

Cold nights call for warm drinks

Peter Rockwell
For Metro Canada



While you can release your inner mixologist by Googling mulled wine for the instructions on how to make your vino glow, there are plenty of pre-mixed versions of winter-oriented drinks available that only require you to know how to press the

start button on your microwave.

Jack Daniel's Winter Jack (\$19.39–\$23.98) takes its inspiration from an original family recipe of JD, apples, cloves and cinnamon poured during the holidays by the famous Tennessee whiskey makers.

With a 15 per cent alcohol level, its whiskey flavour is subtle to say the



least, allowing the spices to shine after being very lightly heated.

Red hot in a completely different sense is Crown Royal's Northern Harvest Rye (\$30.60–\$34.99).

This Canadian drink was recently awarded World

Whisky of the Year by Whisky Bible author Jim Murray.

The super smooth Manitoba-made spirit, produced using an unheard of 90 per cent rye, is a must try for anyone who appreciates a good dram.

Prices reflect the range across the country.

Some products may not be available in all provinces.

Mull these light options

THE HOLIDAYS

Tips to cut the calories in these festive drinks

Theresa Albert
For Metro Canada



Most recipes also add in sugar by the gravy boat load, that's what.

At about 250 calories per glass, some versions literally double the load of a harmless glass of wine. Make your own version with orange peels, star anise and cinnamon sticks.

There is no sugar needed to make this cozy beverage in a slow cooker that will simmer all day and make your home smell like holiday without the scented candles. Or stick with your usual glass or two of plain old red wine.

Pumpkin Latte

Tim Hortons medium pumpkin latte serves up a delicious 260 calories for a medium cup. For that, you can enjoy a straight up latte made with frothy skim milk and no sugar and an entire caramel dip yeast donut.

That's right, the donut itself is 190 calories that you can actually eat and feel like you treated yourself as opposed to drinking the entire fatty sugary load and still feel like you haven't eaten all day.

All year long you know to avoid drinking your calories. Then December hits and you are tempted.

But you don't have to blow the month by the mouthful, save your calories for the food with these holiday beverage hacks.

Egg Nog

Average about 225 calories 250 gram cup (without the rum!). (That's no bigger than grandma's fine china cup). Don't be tempted by the "low fat" versions, what they lack in fat, they make up for in sugar and ring in at about the same number of calories. Instead, mix 50/50 with skim milk and add extra nutmeg. You will barely notice the difference but will save half the calories.

Mulled wine

What could possibly be wrong with wine and spices?

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food



Cut the sugar out of mulled wine and opt for a version with just orange peels, star anise and cinnamon sticks. ISTOCK

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JOHANNA SCHNELLER WHAT I'M WATCHING

Guide to stealthy feminist genius



Girlfriends' Guide to Divorce tackles motherhood, marriage, loneliness and inequity. HANDOUT

GIRLFRIENDS' GUIDE TO DIVORCE, SEASON 1, EPISODE 3 (SLICE/SHOMI)

Lyla (Janeane Garofalo), one of three attractive, acerbic friends who are navigating life in their 40s in Los Angeles after divorce, has been called into her son's teacher's office because she sent her nanny to cover Story Time.

"It sends a message to children that they're not your priority," the teacher guilt-mongers. Lyla, a high-powered attorney, lets her have it.

"By all means, I apologize. I apologize for having a job. But here's the thing: I don't work, my kids don't go to

school. So if you want to tell me tuition is free, I'll be here for Story Time, and Arbor Day, and every other bullshit holiday that costs me a fortune.

But if you're not going to tell me it's free, I gotta work. Because I'm a working mother. Don't call me in here again."

She stalks out. Once she's through the door, though, her face crumbles, just for a second. She's right, but she feels like dirt anyway.

This show is stealth genius. It lures you in with furiously-paced patter about ex-husbands and breast implants, and then socks it to you with

home truths about motherhood, marriage, loneliness, inequity. At its best, Sex and the City pointed out what single women in their 30s had to deal with in the world's most success-oriented town.

Girlfriends' Guide takes that one decade further — it zooms in on the ironies and indignities inflicted on bright, vital 40-somethings in the capital of youth obsession. It's the most feminist show on TV.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

CONTROVERSY

Adele accused of copying Kurdish artist's 1985 tune

A song off Adele's new album 25 is causing a stir in Turkey, where fans have accused the British songstress of copying a song by a popular Kurdish artist.

People have taken to social media to debate whether Adele's Million Years Ago closely resembles Ahmet Kaya's 1985 song, Acilara Tutunmak.

Adele's song, one Twitter user wrote, "is identical" to Kaya's well-known ballad. "Please credit him!" Some even went as far as calling Adele a thief. A prominent Kurdish artist from Malatya, Turkey, Kaya died in exile in Paris in 2000 at age 43.

Kaya's wife, Gülten Kaya, told Turkish daily Posta that she did not believe Adele deliberately stole the song. "However, if she consciously did it, then it would be theft," she said, according to Hurriyet Daily News.

Naim Dilmener, a Turkish musicologist, said he thinks the songs only resemble each other "a little bit." He said he didn't believe Adele copied Kaya's version.

The feelings behind both songs "maybe are the same," Dilmener said, but "that's all."

Kaya fled Turkey in 1999 after



Fans of Kurdish artist Ahmet Kaya say Adele's Million Years Ago sounds a lot like his song Acilara Tutunmak. GETTY IMAGES

he was attacked at an awards show — where he won the Turkish Singer of the Year prize — for saying he wanted to record a song in Kurdish and broadcast it on Turkish television.

Turkey imposed a ban on Kurdish music for decades, with local authorities cracking down on lyrics that contained references to Kurdish identity, Kurdistan or the Kurdish national

movement. Musicians had to submit translations of their songs to censors before an album could be released.

"He is our HERO. One of the biggest heroes," Dilmener told the Star in a short interview over Twitter. "His personality is more important than his music."

Adele's publicist did not immediately return request for comment. TORSTAR NEWS SERVICE

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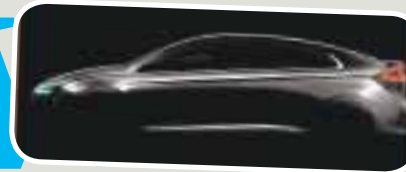
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Forester stands out in a crowd



REVIEW

No need to go all the way with power with this compact SUV

Jil McIntosh
For Metro Canada



Extra power is good for bragging rights, but it isn't always necessary to opt for it just because it's there. That was evident when I drove the two engine choices in Subaru's Forester. While the base engine doesn't sound as impressive on paper as its stronger sibling, it should be enough for many drivers and for a lot less cash.

The entry-level powerplant is a 2.5-litre four-cylinder that makes 170 horsepower. Moving up to the turbocharged 2.0-litre gives you 250 horses, but it's an extra \$2,200 to do so. Test-drive them both before you make up your mind solely on the power numbers.

My 2.5i, as it's called, was equipped with a six-speed manual transmission. It keeps the price down, but that's about all; the shifter feels mushy and there's no driving excitement in it. You're best to go for the automatic continuously-variable transmission (CVT). All-wheel drive is standard on all models.

The shifter aside, the Forester has always been one of my favourite vehicles. It's nicely sized and well-balanced, and the steering is light but responsive.

It's roomy and comfortable, and the back seats fold flat for extra storage space. The cabin design is handsome and the controls are large and easy to use, save for a few touchscreen icons that can be tough to accurately tap when you're moving.

My 2.5i was in Touring trim, which gave me a 6.2-inch touchscreen stereo, while my turbocharged tester in top-line Limited trim included a 7-inch infotainment system with navigation that, new for 2016, includes map updating. Higher trim lines can also be optioned with EyeSight, which uses a windshield-mounted camera for such features as lane departure warning and collision mitigation.



While the base engine doesn't sound as impressive on paper as its stronger sibling, it should be enough for many drivers.

This smaller SUV/crossover segment is a crowded one, but the Forester holds its own. It's priced about the middle of the pack, and since all-wheel drive is an option on some of its competitors, be sure you're comparing prices accordingly. I think its nimble feel and good road manners set it apart from many of the rest, even if you don't feel a need to go all the way with the power.

THE CHECKLIST | 2016 SUBARU FORESTER

THE BASICS

Type. Four-door, five-passenger compact SUV
Engine (hp/torque). 2.5-litre horizontal four-cylinder (170/174); 2.0-litre turbocharged horizontal four-cylinder (250/258)

Transmissions. Six-speed manual or continuously variable (CVT)

Price. \$25,995 (base), \$29,995 (as tested), plus destination

COOL FEATURES

- EyeSight camera-based safety technologies
- Steering-responsive fog lights
- Hill descent control
- Panoramic sunroof
- Power-operated liftgate
- Windshield wiper de-icer
- Auto-dimming mirrors



JIL MCINTOSH/FOR METRO

POINTS

- Subaru's "symmetrical" all-wheel drive doesn't refer to the power split, but to the position of its engine, transmission, and driveline components.
- The Forester can be ordered as PZEV, for Partial Zero Emissions Vehicle, which uses a specific catalytic converter, air intake and fuel injectors; it was designed to meet California's air standards.
- Turbo models add unique front-end styling but are optioned the same as comparable non-turbo trim lines.

MARKET POSITION

Subaru made its mark by offering all-wheel drive in all of its vehicles (except for the recently-added BRZ sports car), which made it popular for drivers facing Canadian winters, along with using only horizontally-opposed engines.

THE COMPETITION



Ford Escape AWD
Base price: \$27,199



Toyota RAV4 AWD
Base price: \$27,255



Honda CR-V AWD
Base price: \$28,550

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Tucson rides tall in flexibility, value

USED VEHICLE

Be sure to check suspension and transmission of 2010-15 models

Launched for model year 2010, the second-generation Hyundai Tucson competed primarily with the Equinox, CR-V, RAV4, Patriot and other compact crossover SUV models. All units offered seating for

five, a decent cargo area, and a tall and commanding driving position.

Feature content included standard electronic stability control, Bluetooth, a navigation system, backup camera, heated seats and more. Note that model-year 2014 saw an update across the Tucson range, adding fuel-saving technology under the hood, and more feature content. Updated looks and a re-tuned suspension helped round out the updates.

Look for four-cylinder power

on all used models, with output as high as 180 horsepower. Six-speed transmissions in automatic or manual were available, as was all-wheel drive, which comes only with the automatic transmission.

The test drive

Test-drive the used Tucson with an ear for rattles, clunks, tapping sounds or popping noises from the rear end, especially in cold weather. Unwelcome sounds like these could be the result of a suspension bushing

that's worn, and allowing metal components to contact one another. Other unwelcome noises have been reported as a precursor to an under-warranty replacement of some suspension components, like the shock absorbers or shock mounts. If any unwelcome noises are detected on your test drive be sure to have them investigated by a mechanic.

Next, check the shift lever, multiple times, as you change from Park to Drive to Reverse and the like. Any issue shifting

smoothly between positions, or unwelcome hesitation or clunking during shifts, may require attention to the shifter linkage, in the form of lubrication, adjustment or replacement. While shifting gear positions frequently, ensure your Tucson candidate's backup camera (if equipped) works as expected, several times. Some owners have reported issues with non-functionality.

Note that some owners have reported issues with the Tucson's automatic transmission,

relating to hard shifting, failure to respond with a downshift, or random clunking from beneath the vehicle during shifts. Though somewhat inconclusive, these issues may be software- and sensor-related in nature, possibly caused by a bad vehicle speed sensor, or a bad temperature sensor within the transmission. Some owners have had success with having new software installed to the transmission control computer, or having that computer reset.

JUSTIN PRITCHARD

What owners like

Tucson's "just-right" sizing, cargo accommodations, driving feel and storage space throughout the cabin are highly rated. Overall value, a comfortable ride, safety features and fuel mileage are also commonly praised by owners.

What owners dislike

Some owners wish for seat fabric that's less easily stained. Many owners report satisfaction with fuel economy, but a healthy cluster of owners also complain that they're unable to achieve the factory-claimed fuel efficiency figures.

The verdict

Tucson was loved for value and an all-around pleasant and flexible driving experience, though a list of owner-reported issues illustrates the importance of a pre-purchase inspection at a Hyundai dealer before your purchase. Commonly reported issues should be easy for a technician to detect and repair.



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Floor mats: A love story



Mike's floor mat team — summer and winter — is always there for him. MIKE GOETZ/FOR METRO

AUTOPILOT

It's a dirty job but they do it (though maybe avoid beige)

Mike Goetz
For Metro Canada



One of the most unheralded components of our vehicles is the floor mat. It's time to give it some love.

Not a huge amount. That would be crazy and weird.

But enough to acknowledge the tough work they do down there, by our feet. They literally get stepped on, multiple times every day. And sometimes we grind dirt deep into their fibres.

They are in the first line of fire in the war against interior dirt, and their lifespan can be short, certainly never as long as the vehicle itself. They are designed to take a hit, and when they have taken too many, they get replaced.

But during their short life span they give it their all. My summer mats are made of carpet and rubber, and when I use the high-pressure wash wand at my local do-it-yourself car wash emporium, to blast the dirt out of them at season's end, I always marvel at how much dirt they are able to suspend for their meagre size.

These carpet mats, which typically come standard on new vehicles, are there not only to keep things clean, but also to look inviting, and make the interior feel like your living room. If these floor mats are in a light

shade, like beige or pale blue, to match the interior ... well, there's no hope for them in the long run. They have an impossible job.

I once had a Porsche test vehicle with light beige cashmere floor mats. I turned them upside down for the whole week I had the car, lest I get a mark on them, and was never able to enjoy the esthetic beauty they were designed to deliver. I looked at their rubber backing all week and thought what an irresponsible and lavish way to design a floor mat.

When you come to think of it, floor mat design has not progressed much over the years, especially when you consider all the rampant technology that has reached other parts of the vehicle. By this time shouldn't we have some sort of automatic floor mat roll, which could roll a new section of floor mat into place as soon as one section got dirty? Or some kind of built-in wet-vac system that could automatically and quickly suck up snow, water, or spilled mocha latte?

I guess the latest advance would be the moulded hard plastic "trays" that are specially made for every individual model. Weathertech is the leading proponent of these products, and I recently got a set, which look very well engineered, and fit great. But they do make me feel like I need special help — like during a fancy restaurant dinner, I'm the one with a plastic tray on my lap, instead of the nice, linen napkin everybody else uses.

But that's a small price to pay for the great winter floor protection I'm looking forward to, from my hardworking, underappreciated floor mats.

ELECTRIC RACING SERIES

Formula E to go AI route with Roboraces



Driver Lucas di Grassi demonstrates a Formula E race car in 2014. JOE KLAMAR/AFP

Real-time computing algorithms will replace humans in an innovative series of driverless races to be staged alongside the regular Formula E season, promoters said last week.

The Formula E championship features 10 teams of two drivers on city-centre circuits. Brazilian Nelson Piquet Jr. won the inaugural 2014-15 world championship.

The fully electric racing series is seen as a cleaner and greener

alternative to Formula One and the news of the Formula E initiative coincides with the Paris-hosted COP21 global climate talks.

Now Formula E and Kinetik, a technology company specializing in electric vehicles and trains, will also stage races between 10 teams of two driverless cars on the same circuits as a warm-up show to the main event.

This new championship called "Roborace" will start for the 2016-17 season. The artificial-intelli-

gence-guided one-hour races will run over the full championship.

Kinetik founder Denis Sverdlov said he believed it represented the future of motor racing and the motor industry.

"In the future, all of the world's vehicles will be assisted by AI and powered by electricity, thus improving the environment and road safety," he said.

Cities on the 2015-16 circuit include Beijing, Paris, Berlin, London and Buenos Aires. AFP

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CAREERS

Find your passion and find fulfillment

The end of the year is traditionally a time to consider the changes we want to implement in the year ahead. But if your resolution is to find career fulfillment, one leading career expert says Jan. 1 is not a one-size-fits-all date.

"The beginning of the year and September tend to be when people start looking to make changes in their career, but the best time really is when you're ready," says Alan Kearns, founder of CareerJoy, a career coaching and counselling company with offices across Canada that serves individuals as well as companies. "First, define what career fulfillment is. Deep fulfillment usually comes with deep contribution. And there's always a balance between engagement and economics. People who are highly engaged contribute more to their careers and tend to be better off economically."

Kearns says there are typically two routes



ISTOCK

people take to career fulfillment — evolution or revolution. The former means making changes within your current role or company. The latter means finding a new job or switching careers entirely. Both, he says, should

involve analyzing your skills, values, passions and lifestyle before taking action.

"People make the mistake of looking to see what's out there and trying to figure out what fits them. They should be looking at

themselves first and the market second and aligning themselves with the market in that way," he says.

When it comes to taking action, the next step will depend on your personal situation. It can involve anything from asking your boss for a raise (Kearns advises this should be done on the basis of the value you bring to the company rather than how long you have been there) or asking for more or less responsibility (sometimes less is more, he says) to updating your resume (which, as a standalone piece, he says, often won't get you hired so you must turn to your network) or pursuing additional education.

"You have to be smart about it. Give yourself 90 days before you make any final decisions," he says. "But I would suggest that it's not just a nice-to-have to be fulfilled, it's imperative."

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PATAL COOKS UP CAREERS

For Oswald Thomas, cooking was a hobby until he attended Patal Vocational School's entry level baking and culinary arts programs, and spring-boarded his career all the way to one of Manitoba's most well known establishments.

"I was hired at Salisbury House almost right after I graduated in September," says Thomas, who works as a cook and baker's assistant at the restaurant, which first opened its doors in 1931 and grew into a chain of 15 restaurants. "I was surprised at how quickly I found a job, but I knew I was ready because Patal helped me prepare my skills and even my resume. Everyone was really supportive."

The entry level baking program Thomas completed offers students knowledge in everything from sugar cookies and pastries

to wedding cakes and breads. An option of combining the undertaking with Patal's culinary arts program gives students the extra edge employers seek.

"The hands-on experience was really beneficial and the programs broke down everything from measurements to actually making the finished product," Thomas says of his time at Patal.

John Farler is a kitchen manager who has been with Salisbury House for the last 42 years and is Thomas' supervisor. He says the expertise Thomas gained at Patal made him instantly employable.

"I looked at his resume and he was well schooled and well spoken," he says. "He's been a very good hire and is getting along super fine."

Futurpreneur feasts on good food ideas

What do Manitoba establishments The Green Carrot, Shawarma Khan, Caked with Love, Tea Story and Blue Nile Restaurant have in common? Aside from serving up mouth-watering eats, they all got their start with the help of Futurpreneur Canada.

“The food industry is high risk but in Manitoba we helped launch 26 restaurants in the past five years — all of which have been 100 per cent successful,” says Joelle Foster, regional director of Manitoba, Nunavut, Saskatchewan and the Northwest Territories for Futurpreneur Canada, which also helped to establish Arabelle’s Bakery and Catering, Saigon Jon’s Vietnamese Kitchen, Spoon Me, Bronuts, Nick’s on Broadway, Beet Happening and Gyro Sensation.

“The reason our restaurants are successful is because of the steps we have aspiring business owners take. By the time they open their doors, they aren’t being reactive but proactive.”

It isn’t only restaurants and food produc-

tion companies that benefit from Futurpreneur’s services. As the country’s only national, non-profit organization that provides financing, mentoring and support tools to aspiring business owners aged 18 to 39, Futurpreneur has been helping to establish various companies since 1996 when it was known as Canadian Youth Business Foundation.

“Our mandate is to drive the economy and entrepreneurship,” Foster says. “Many millennials don’t want to punch a clock and we have to empower young people to move forward in a way that sets them up for success.”

While offering some funding and connecting its clients with institutions that can put forward further financing, one of Futurpreneur’s most powerful services, says Foster, is its internationally recognized mentorship program. Through it, Futurpreneur matches entrepreneurs with a business expert from a network of more than 2,800 volunteers.

“Our mentorship program is unique because clients are assigned to a mentor for



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two years based on their needs,” says Foster. “For example, if you want to improve your financial management skills but have no accounting experience, we will match you with a mentor who has strengths in those areas.

You have to surround yourself with a strong support group. Our mentors become part of that.”
For more about Futurpreneur, please visit futurpreneur.ca or call 204-480-8481.

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Giving the gift of relaxation

With Christmas less than a month away, most of us are busy checking items off our list at the mall. But some of the best gifts aren't things — they are experiences. Relaxation, rejuvenation and time to slow down are all in short order around the holiday season.

Luckily for gift-givers, Live Right Massage & Facial Spa is offering their Signature Package for only \$125.

"You get a one hour massage, a one hour facial, you get a steam in our private aromatherapy steam room and you get a 15 minute mint scalp massage," says Live Right president and owner Daryn Chernick. "And to top it all off you get a free Dermalogica gift... nothing beats it in the city."

While most people want to avoid giving a gift card to everyone on their list, a spa package is a personal and thoughtful way

to give someone a much-needed break before or after the holidays.

"By the time Christmas is over, people aren't relaxed or feeling great," Chernick says. "They're feeling the stress, and are realizing how sore they are from making all of the dinners and dealing with clean ups, etc..."

"It's a great way to say thank you for the season, and treat people to feeling better, which is what we're all about."

Chernick says Live Right sets itself apart from most massage clinics and spas. While all seven of the massage therapists are registered, patients don't need to choose between different therapies.

"When you look at our menu, you won't see deep tissue, Swedish, pre- and post-natal, athletic," Chernick says. "We don't split it up and make you choose one thing, we ask you what issues you're having and



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what your preferences are and custom design a massage to fit exactly what you want."

What is the best part about getting a gift card from Live Right? The spa hours fit any schedule — they're even open Sundays.

Live Right is open from 9 a.m. to 10 p.m. Monday to Saturday and 10 a.m. to 5 p.m. on Sunday.

"We will get you in after work, before work, weekends," Chernick says. "We are open when you need us."



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Gift cards are the holiday heroes

When it comes to gift cards, some stand divided. Are they easy gift-giving solutions, or impersonal afterthoughts? With gift card sales on the rise, most seem to agree with the former. Yorkdale Shopping Centre Claire Santamaria says that the Toronto mall has seen a 10 per cent increase in gift card sales per year.

"I think it's an opportunity to give a gift and you know, that is such a personal thing," Santamaria says. "As a gift giver, I think cards give you an option for giving someone the opportunity to buy something they love."

She added that picking out your own gift doesn't take away from the feeling of having received it from someone else.

"Oftentimes people will save up their gift cards just to be able to get what they want," she says.

Halifax Shopping Centre marketing director Stefanie Chnare agrees that gift cards often go towards purchasing bigger, more expensive items.

"People are going out for those larger items, skis or snowboards," she says. "People have so many options and everyone's trying to be more minimalist. You don't want to receive gifts that you aren't going to need."

With many consumers buying fewer, higher quality items, getting something unwanted might end up as one more item on the to-do list. Cards also provide a shopping experience, a gift that many don't give themselves during the year.

"Sometimes we don't share with others what we want, we're always very modest and say, 'no, I don't need anything this year,'" Chnare says. "But there's always something."

"Often style is very personal. Being able to pick that item out yourself but knowing the gift was from friends or family is still meaningful because style is something you hold close to yourself."

Santamaria adds that cards are a great option for those people on your list who are notoriously hard to shop for.

"Teens are really hard to buy for," she says. "So it's great to see teens walk in with a pile of gift cards and get to buy what they do want."

Gift cards for Halifax Shopping Centre and Yorkdale Shopping Centre are available instore and online.

-ALANA TRACHENKO

THIS HOLIDAY SEASON,
**GIVE THE GIFT
THAT'S ON
EVERYONE'S
LIPS.**

A collection of Liquor Mart gift cards is displayed on a red background. The cards feature festive holiday themes, including one with the text "TOAST THE HOLIDAYS" and another with "CHEER THE SEASON". The cards are surrounded by white snowflake cutouts and red and white holiday decorations. The Liquor Mart logo is visible on the bottom right of the cards.

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And if you aren't sure what to get for that gamer on your list, or if you're an adept gamer looking for a new challenge, PNP's elite-quality service can help you find the perfect gift.

"It's all about knowing what customers want and providing it to them," says PNP owner Jade Pearce. "It sounds simple, but it can be tricky to do on a regular basis. We have great staff and a decade's worth of experience in the industry to help you find the perfect solution."

Whether you're looking for something for that hot new release, or you're still enjoying your retro game library, retail supervisor Lee Skwarek said the staff can help you find what you need.

"Customer service is the key to our success," Skwarek added. "Our staff is approachable,

knowledgeable, and able to provide vital information on consoles and games – both current and retro."

"And, of course, a gift card is always the perfect choice, no matter what genre of game or what system you're playing on."

PNP Games also offers disc media resurfacing, dead cartridge battery replacements, and the ability to special order in any requested item. It also boasts Manitoba's largest selection of classic games, including those designed for systems such as the original Nintendo, Super Nintendo, Nintendo 64, PlayStation, Genesis and Xbox.

The store buys, sells and trades games, accessories and consoles for nearly every system. PNP Games also carries the latest releases and consoles including PlayStation 4, Wii U and Xbox One titles and accessories, along with hard-to-find items like branded toys and collectibles.

"The gift of entertainment is one that's always appreciated whether it's for someone



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who's seven or 47 years old," Skwarek said. "If you're not sure what you want or need, we encourage people to come into our retail locations and talk to our friendly and knowledgeable staff."

"From gift cards to retro games to the newest titles and systems, it's easy to check off everyone on your list at PNP Games."

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A time and place for gift cards

How to tell when they're just right for the occasion

Gift cards are the last-minute holiday savers we can all rely on. But like most things, there are rules as to when and to whom you should be giving them to. Not all occasions call for the shiny, handy little stocking stuffers.

"I think giving gift cards is one of the most situational gifts as, to me, it completely depends on your relationship with who you're giving it to," says Winnipeg resident Trevor Hnatowich. "Giving a gift card to a coworker or colleague could be considered fine, while giving a gift card to your relationship partner may or may not be fine."

So even when it comes to your significant other, it depends on the store and in that case, it might be better to go more specific than general.

"If you know someone extremely well, then maybe they have expressed outright that they actually want a gift card," he says. He recently bought one for his girlfriend to a skin and body care store that he didn't feel he would know enough about to pick out something specific.

"She loves that store, but I have no idea what's going on in there," he says. "She went and bought some crazy shampoo and that made her happy."

Hnatowich says when it comes to coworkers or acquaintances you don't know well, gift cards are a nice way to say, 'hey, I'm thinking of you,' without having to guess at specific preferences. If a gift card belongs anywhere, it's in the workplace.

He adds that he's had mixed experiences with getting them himself.

"I got an LC gift card from an internship that felt personal because it was part of a card with a note and they knew I liked finding new beers and wines to try from the LC, so that was neat," he says.

"One time I got a Burger King gift card and I was more confused than anything. Why was Burger King their first choice of gift card?"

Overall, he says gift cards have changed the game of giving a bit, but he doesn't mind.

"It's like the new 'box of chocolates' as far as safe, easy gifts go," he says. "Although I still really do like boxes of chocolate."

-ALANA TRACHENKO

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LaPolice tasked with turning around offence

BLUE BOMBERS

Former TV analyst thinks he'll be a better coach this time

Paul LaPolice wore a Blue Bombers shirt and an air of confidence as he was officially introduced Tuesday as the team's new offensive co-ordinator.

But it was what the former CFL TV analyst won't have to wear that had him smiling about his third stint with the club.

"The thing I'm happy (about) is on game day, no makeup, no foundation anymore. I don't have to worry about that," LaPolice joked at a press conference.

What he will have to worry about is how he'll help turn around the team that went 5-13 last season and missed the playoffs for a fourth year in a row and five out of the past six.

Bombers head coach Mike O'Shea said he interviewed about five candidates for the

job that became available after Marcel Bellefeuille's contract wasn't renewed.

He pointed to LaPolice's "wealth of CFL experience" as a big factor in the hire.

"During his time at TSN, one of the things that struck me was his passion for knowledge that never gives up," said O'Shea, noting he worked with LaPolice in 2001 and 2006 with Toronto.

"Paul's a life-long coach. You can tell by the way he talks about football how passionate he is about the game. His quest for knowledge is never-ending and that's going to hold us in good stead."

"He's going to come in here and lead our offence and get us to where we want to be."

O'Shea added when he got the head coaching job after the 2013 season, he called LaPolice about possibly

joining the club, but he wasn't ready at the time.

LaPolice last coached from 2010-12 when he was the team's head coach and offensive co-ordinator. The 45-year-old still lives in Winnipeg with wife Tina and their three young children.



Paul LaPolice compiled a 16-28 record as head coach from 2010-12. THE CANADIAN PRESS FILE

Despite guiding the Bombers to a Grey Cup loss in 2011 against the B.C. Lions, he was fired after eight games the following season (2-6) and had compiled a 16-28 record.

He said the past is the past and he's grown since then.

"I think I'm certainly a better coach," he said. "Because I

think every time you get more reps at something, you're going to be better."

He revealed he had an interview scheduled with another CFL team about the same position, but cancelled it.

"I believe in what's happening here," he said.

LaPolice, who reportedly

signed a two-year contract, said he's "very excited" about working with Bombers quarterback Drew Willy.

"After my interview, Drew was sending me a couple of texts about wanting to have me here," he said of the pivot, who's recovering from a knee injury.

THE CANADIAN PRESS

HOCKEY

Paralyzed player on the mend, says uncle

The uncle of a Manitoba junior hockey player left paralyzed after hitting the boards during a game last month says he is showing signs of improvement.

Braden Pettinger, a defenceman for the Portage la Prairie Terriers, crashed head first on Nov. 12 and lost movement in his body from the chest down.

The 20-year-old was removed from the ice by paramedics.

There was no penalty called on the play.

\$145K

A GoFundMe page for Braden has raised nearly \$145,000.

Larry Pettinger says his 20-year-old nephew is slowly regaining limited movement in his arms.

Pettinger says Braden doesn't remember what happened, and his first question in hospital was whether his Manitoba Junior Hockey League team had won the game against the Winnipeg Blues.

"That gives you some indication of his personality and his will to fight," Pettinger said. "I think he ... has the right personality to fight through this just the same as he fought to be an excellent hockey player."

CJOB/THE CANADIAN PRESS

IN BRIEF

Family of late player Montador suing NHL

The family of the late Steve Montador is suing the NHL over concussions and other brain injuries the defenceman suffered during his playing career.

The lawsuit alleges that the league collected data on concussions as far back as 1997 but failed to warn Montador about the dangers.

Montador died in February, and an autopsy showed he suffered from Chronic Traumatic Encephalopathy. THE CANADIAN PRESS



Salary cap requirements led the Blackhawks to trade Patrick Sharp, pictured, Brandon Saad and Johnny Oduya shortly after they won the 2015 Stanley Cup. JONATHAN DANIEL/GETTY IMAGES

NHL

Cap predicted to rise \$3M

While the Canadian dollar continues to struggle, NHL revenues are up enough that the salary cap could increase by as much as \$3 million US for next season.

The Canadian dollar is currently worth 74 cents U.S., something that hurts the league when some of its most lucrative markets are Canadian. But commissioner Gary Bettman said speculation and commentary about the declining Canadian dollar is "a little off the mark" as business is still going well.

Board members said the early projection for the 2016-17 salary

\$74.5M

The early projection for the salary cap, up from \$71.4 million in 2015-16.

cap was about \$74.5 million, up from \$71.4 million. But that depends on several factors.

"When I give a number, they're all soft this time of year, so I don't want to pinpoint any number," Bettman said. "Don't take that to the

bank yet because it's early. It's only December."

A year ago the board was given a rough projection of \$73 million, but that was contingent on the Canadian dollar being worth 88 cents. It continued to fall.

The hike would be welcome for those who spend to the ceiling. Think about the Tampa Bay Lightning with captain Steven Stamkos still unsigned or the Los Angeles Kings, who are working to get a deal done with centre Anze Kopitar.

THE CANADIAN PRESS

RECIPE Turkey and Sweet Potato Skillet



PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada

The holidays are upon us but we can't survive on cookies alone. You're going to need the balance of some simple, healthy recipes. This one comes together in a snap.

Ready in
Prep time: 20 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 1 lb ground turkey
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 1/2 Tsp chili powder
- 1 1/2 cups yellow pepper, diced
- 1 1/2 cups sweet potato, peeled and diced
- Salt and pepper
- 1/2 cup mozzarella, grated

Directions

1. In a large, oven-safe skillet, pour in oil, then brown your turkey over medium heat, breaking it up with the back of a spoon. Cook for about 5 minutes. Add the onions and garlic and cook for another 5 minutes until they are fragrant and begin to soften. Sprinkle the chili powder over top and stir.
2. Add the yellow pepper and allow it to soften for another 3 minutes or so. Stir in the sweet potatoes, cover and cook for about 10 minutes. Stir occasionally and add a bit of water if things dry out. Check to see that sweet potatoes are tender. Add salt and pepper to taste.
3. Sprinkle grated cheese.
4. Turn broiler on. Place the skillet under the heat for a minute or two until the cheese melts and just starts to brown. Remove carefully from the oven and serve.

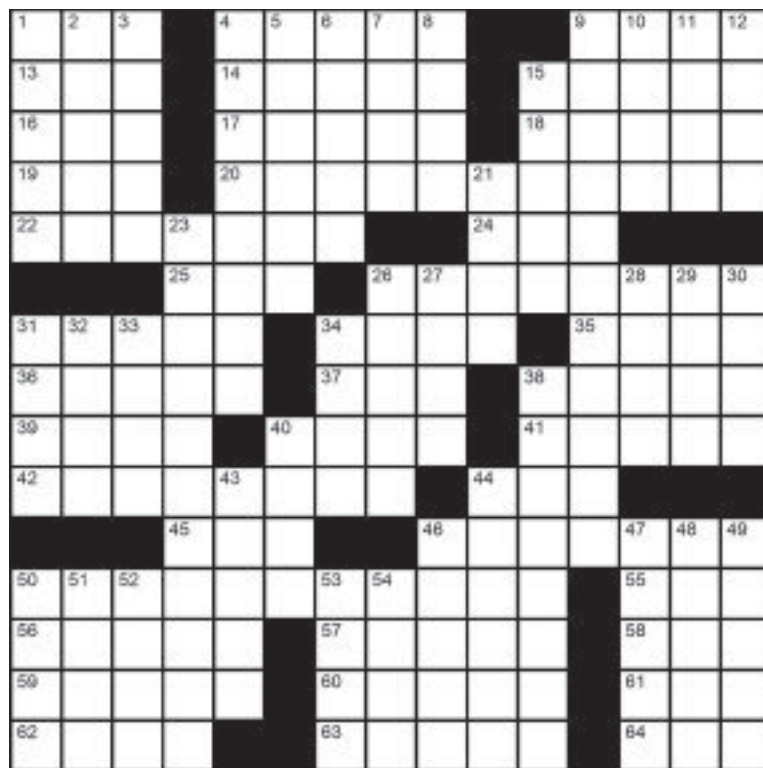
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Enjoyed the bench
4. Window material
9. Pear part
13. French vineyard
14. Montreal-based jazz vocalist Ms. Lee
15. Take care of, as arrangements: 2 wds.
16. Comedian Mr. James
17. Separated
18. "___ done now!" (Finished ...finally!)
19. Saguenay sidekick
20. Commander of the Royal Canadian Navy, ___ Mark A.G. Norman
22. Industrial Revolution creation
24. Standoff site in Quebec, 1990
25. "Growing Pains" Canadian star ...his initials-sharers
26. New Brunswick town on Chaleur Bay
31. UNESCO World Heritage Site in Jordan
34. Small horse
35. Sea lettuce
36. Winnebago owners, informally
37. Bonnet or derby
38. Stable tresses
39. Vintner's prefix
40. Salad or stirfry ingredient
41. Show anchored



42. Internet Explorer, and others
44. Ms. MacGraw
45. "___ Devil" (1989)
46. Cloudiness
50. Late night host who does a Neil Young impres-

- sion: 2 wds.
55. Me: French
56. Benefit
57. Prefix to 'graphy' (Fancy writing)
58. Men's deodorant brand
59. Immense-ish
60. Functional
61. Mr. Bellows

62. Looped cross
63. Mischa Barton series: wd. + letters
64. Conclusion

DOWN

1. "Beat it!"
2. Wonderful whiff
3. Gladiator's

- garment
4. Solemnity
5. Rabbits, in Rilmouski
6. Has ___ up one's sleeve
7. Desert-like
8. ___ good example
9. Beaver = ___
- rodent
10. Rupture
11. French: Ici ___ (Here and there)
12. ___ Flanders (1722 Daniel Defoe book)
15. Latka's beloved on "Taxi"
21. "Finding Nemo" (2003) character
23. Big name in Canadian almanacs
26. Rake over the ___
27. Poker stake
28. Arm bone
29. Mr. Knievel
30. Chore
31. "No ___!" (Happy to oblige)
32. Best ___ (Great-est)
33. ___ 'clock (Coffee break time)
34. "___ Lap" (1983)
38. ___ (Bryan Adams duettist on "When You're Gone")
40. Rolling Stones guitarist Mr. Richards, affectionately to fans
43. Demurely
44. Mr. Creed (Rocky's opponent in the fight of his career)
46. "Kukla, Fran and ___"
47. Picture
48. Poison
49. Give way
50. Morning swig
51. Tennis great Mr. Lendl
52. Conceal
53. ___ above the rest (Better than)
54. Wood strip

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Today the important things in life, such as love and family, will come into focus and the not-so-important things, such as money and ambition, will be seen for the illusions they are.

Taurus April 21 - May 21
You will gain more in the long run if you help others as well as yourself. A good deed done now will pay off later, so act only in ways that bring smiles to other people's faces.

Gemini May 22 - June 21
You could come into money this week, but you may sabotage the situation if you get suspicious and wonder what people's motives are. They are not trying to trick you, they are trying to help.

Cancer June 22 - July 23
You will meet someone who attracts you today and while there may be nothing outwardly special about them on an inner level you just seem to fit together. Are you soul mates? Maybe, maybe not, but you are certainly on the same wavelength.

Leo July 24 - Aug. 23
Try not to make promises that you may have to break. Make no promises at all. If you feel that you must at the very least add a get-out clause.

Virgo Aug. 24 - Sept. 23
Get deeply involved in a cause that is close to your heart. It is not enough just to make a donation or cheer from afar, you have got to get personal. Roll up your sleeves.

Libra Sept. 24 - Oct. 23
Do more for yourself. Find ways to cut back on your commitments without making it seem as if you are abandoning friends and loved ones.

Scorpio Oct. 24 - Nov. 22
Relationships will go well today. There is something of the celebrity about you at the moment — heads turn in your direction wherever you go. Where did your star quality come from? Who knows, but don't waste it.

Sagittarius Nov. 23 - Dec. 21
Try to avoid people who always seem to be talking you down. If you want to feel good about yourself spend time with those who like you for who you are, not some impossible ideal of who you should be.

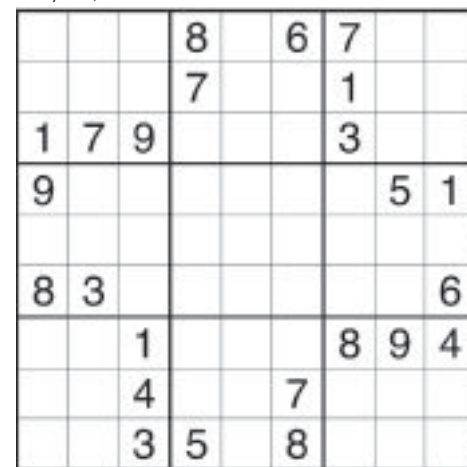
Capricorn Dec. 22 - Jan. 20
Make it your business to make other people feel good. Not only will it cheer them up but it will cheer you up as well. The more you mix with strangers the more alive you will feel.

Aquarius Jan. 21 - Feb. 19
Today's Sun-Uranus link means you are at your best and almost anything you turn your hand to will work out well. Make sure people in positions of power know who you are and what you can do.

Pisces Feb. 20 - March 20
You may be eager to prove yourself but be selective. Don't spread yourself too thin. Focus on what means most to you and aim to be the best at it.

CONCEPTIS SUDOKU by Dave Green

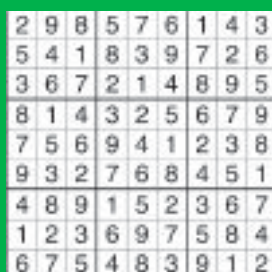
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